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Introductory Lecture

To Course On

Hygiene,

Jefferson Medical College of Penna.

University of Penna.

April 3d. 1866.

By

Henry Hartshorne M.D.

Having now not given for several courses, more than a brief abstract of those historical & other more general considerations which may very fitly begin a series of lectures such as this is intended to, I propose to day to commence with these; making this lecture mostly introductory to the course.

[Please return this manuscript. H. H.]

Introductory Lecture.

Without any intent to arrogate more than belongs to it to the department of Hygiene, [redacted] — it appears to me not too much to say, that it is hardly second in intrinsic importance to any of those taught in this University. If prevention is always better than cure, if the enjoyment and strength of life depend not only on rescue from dangerous diseases, but also on the possession of vigorous health; — and, if a large part of sound practical therapeutics consists in measures rather hygienic than

medicinal, as I believe, then I think the proposition is sustained. Should more be wanting to enforce it, — it may be found in the relation of Sanitary Science, public hygiene, to the vitality and mortality of communities. Sanitary science is, essentially, State Medicine. There is no other therapeutics for masses of men. And, when we compare results, involving large numbers of human beings, — does not Preventive Medicine exhibit triumphs greater than those of Curative Practice? I have no wish whatever to depreciate these. I rejoice in them all. But, look at the facts.

In Constantinople, in the year 543 of our era, 10,000 people, for a time, died daily of plague. In 8 years from 1345, Plague destroyed in all in various places, about half of the then existing

population of the globe. In 1665, 68000 died from the same disease, in the city of London alone.

Now, - from hygienic measures, there is no reason to doubt, - from the application of sanitary principles, it has come, that Plague has been banished from Europe, and almost extinguished in the East.

Severe epidemics of Cholera have a mortality of 50, or more, per cent. The power of medicine to reduce this has, as yet, been small. But, it is considered that the city of Baltimore was saved from the visitation of this scourge, in 1849 and 1854, by timely precautions taken by its authorities, favored by local facilities for them in its site: and in Great Britain and France, in New York & Philada & elsewhere in this country, Sanitary measures made a very large difference in the mortalities of the last visitations of Cholera. *

Yellow fever has, at some times,

* In 1866, notwithstanding Cholera, the No. of deaths in Phila, was several hundred less than the previous year, because of Prevention measures.

the old portion of the village, the new parts continued to be entirely free from it.

The remarkable cures of goitre and disgusting cretinism obtained in Switzerland (by Dr Guggenbühl) through the simple removal of those affected to high and salubrious localities, illustrate the same point.

So does the account cited by Dr Coulter of the Island of St. Kilda. In 1838, of every ten children of its inhabitants, eight died between the eighth and twelfth days of their existence. Yet a clergyman resident there had at the same time a family of 4 children, in good health. What made the difference? His house was constructed and managed as a house ought to be; while the huts of the natives were small, low-roofed, without windows, and used in winter

as receptacles of manure, laid out upon the floors and trodden under foot to a depth of several feet. But I need not multiply these examples; in which all sanitary records abound. I wish to add only one, which has great significance. Dr Southwood Smith asserts that, in a well marked instance, involving a number of families, intemperance, hopeless to all appearance in a low, insalubrious quarter of London, became curable, — yielded to reform, under effort, when the subjects of it were transferred to an open, healthful and comfortable locality. Our bodies and our spirits are held fast in close companionship. To raise the one is to help the other. Past all doubt, sanitary improvement promotes domestic social and moral reform. The Board of Health is a good handmaid or helpmeet for the Board of Missions. Bread in the one hand and the Bible in the other, will do more for the feeble, suffering and degraded poor, than two Bibles and no bread.

In 9 towns in England sanitary effort for a few years, improved drainage has lowered the annual death-rate 20 per cent.

Let us glance now, for a few moments, at the History of our Subject. Hygiene as an Art, is older than Therapeutics; as the avoidance of disease must have been, from instinct as well as intelligence, an object sought, before the discovery of means for its medicinal relief. First Hygiene, then Surgery, then Medicine; was the

and parturia, [illegible]

-dents occurring among the contestants in their exercises.

But, farther back than this, some recognition of hygienic principles may be traced, in the [illegible] cradle of the most potent civilization of antiquity; in Egypt. In the vast pyramid of Cheops is an arrangement evidently intended for the ventilation of its dark interior chambers. The embalming of bodies of the dead, not only

of men but of animals, however it may have been associated with superstitious beliefs, is so well adapted to the prevention of insalubrity in a populous land with a tropical climate, as to make it likely that it sprang in great part from the preventive wisdom of the priests.

~~It does not appear that the duty of~~ ~~separated physical development was very highly~~ ~~valued.~~

Neither is it irreverent, nor a disparagement of the divine authenticity of the Mosaic ~~or Levitical law~~, in whose ritualism so much reminds us of Egypt ~~as it was~~ in the days ~~of the construction and inscription~~ of its monuments, to suppose that some things were retained in the Levitical code of what was known and practised in the land of bondage before the Exodus. No doubt, however, Moses greatly extended the provisions required for health among his people.

His regulations concerning food, ablutions, and other purifications, and segregation of persons with certain diseases, were imperative and precise. I will not detain you with examples, from so familiar and accessible a document.

In ancient Greece, as I have intimated, physical culture was most highly esteemed. Socrates was, in person, a match for more than one, — not only in philosophic disputation, but as a soldier on the field. Plato was a superior athlete, as well as the most divine of sages; and Alcibiades and Pericles were as swift of foot and strong of arm as they were eloquent of tongue and keen in state-craft or bold in war. It is on good authority that I state

the opinion, that the ~~wonderful~~ amazing intellectual supremacy of the men of Athens and other parts of Greece, from Homer to its decadence, was, in no small part, owing to the abundant care always maintained of the development of the whole organization, brain and body together, — "mens sana in corpore sano." In Sparta a barbaric ruthlessness induced the custom of ~~abandoning~~ exposing infants to the rude elements, so as to allow only those whose bodies had vigor enough to be thus hardened, to live; the feeble ones being destroyed by it. In most of the cities of ancient Greece, public baths existed, for both the rich and the poor. Gratuitous attendance too, of the poor, for prevention as well as cure of dis-ease, by arch-iaters appointed publickly

Democedes was one of the earliest of these

for the purpose, prevailed. This custom was afterwards imitated in Rome; and, later, in Germany;—where the Meister Arzt of the 15th century, and the Stadt-Arzt and Kreis-physicus of later dates, had a similar place.

The Goddess of Health, Hygeia, of the Greeks, was the daughter of Æsculapius, God of Medicine. Her name was mentioned with other deities, in the Hippocratic oath; which every loyal physician was required to take, as one of the Asclepiadæ; "By Apollo, the physician, by Æsculapius, by Hygeia, Panacea, and all the Gods and Goddesses."

Of early writers upon Hygiene in Greece, we have Hippocrates himself, the first,—in his work on "Air, Waters and Places"; a treatise in which the influence

of climate and locality, not only upon health but upon the characters of races of men, was pointed out as clearly and sagaciously as it has been since by Montesquieu, in his "Espit des Lois", written in 1748; and, with less originality, in our own times by Michelet, Guyot and Buckle. Philoxton Diocles and Plutarch also wrote early hygienic treatises.

Positive measures of public hygiene were instituted, perhaps, first, by Acron of Crotona, of the school of Pythagoras; who is said to have dissipated the cause of a plague at Athens, by fires burned in the streets. Empedocles, afterwards, found it possible to destroy or impede the action of Malaria, in one instance by draining a swamp, and in another by building a high wall to protect an exposed town. Herodicus was so famous for his

application of gymnastics and regi-
-men to the improvement of health, that
Plato accused him of doing an ill
service to the State; by keeping alive
people who ought to die, because,
being valetudinarians and below par,
they cost more than they were worth in
the community.

Rome shewed her appreciation of
Sanitary art, by extensive drainage of
the base of the hills on which the city
was built; by the magnificent sewer,
Cloaca Maxima, of which a part is yet
left, the oldest ruin of Europe,—13 feet
in diameter at the outlet; by the great aque-
-ducts, and by suburban interments, whose
number is attested all along the Appian
way; and by the appointment of Ediles,
officers whose duty was to inspect and

regulate the construction, with a view to salubrity and safety, of all private and public buildings. Regulations of internal sanitary police, in regard to impurities of all kinds, were also highly advanced among the ancient Romans. Besides these, the private and public Baths of Rome, some of them palatial in grandeur, were in part hygienic although degenerating into effeminate luxurious resorts; as the gymnasia did, at last into the scenes of the bloody gladiatorial fights, of men and beasts. Latin writers upon hygiene were esp[e]cially Celsus, in an express work upon the Care of Health, — Oribasius, Aëtius, and Paulus Agineta.

Pass we from these, for want of intermediate material, to the quaint Latin poem commonly ascribed to John of Milan in the beginning of the 12th century, (Remarks upon the Regimen Sanitatis Salerni.) the famous "Code of Health of the School of Salernum", called the "Flower of Medicine" in the Middle Ages. For some centuries, every physician was expected to know every word & line of it by heart. (Quote Ordronaux, pp 39, 40.)

Next a few words concerning the early history of Quarantine.

The purpose of this institution was the exclusion of the Egyptian plague from Italy. The name was derived from quaranta, forty, the term of days prescribed for the detention of suspected vessels or vessels at or near Port, — the time probably following one of the Mosaic periods of purification. I will give you here only a few dates for I fear I am getting rather dry on this historical theme — while able to make it but an outline.

Florence had the first beginning of quarantine, about 1348. Then Venice & Sardinia; and the other countries, afterwards, of Europe. The earliest lazaretto dated about 1453. Regular quarantine was established in England in 1710. In 1700, William Penn, the founder of our State and City, enacted a quarantine law in Philadelphia.

Although the utility of quarantine for

any purpose is now warmly disputed by some, and its range of availability and proper mode of management obviously need very different limitations, at all events, from those of the middle ages, its existence has been a cardinal fact in the history of sanitary science. It is to be hoped that our own day will witness the final settlement of all questions concerning it, and the bringing into harmony the now conflicting opinions of medical men, and, with the real facts, the interests of commerce, and the popular understanding of communities.

Including rightfully under Hygiene all measures of "preventive medicine," — we may rank the introduction of vaccination, by Dr Edward Jenner, in 1798, as its most signal triumph. Nothing in all the records of our profession, not even the discovery of the power of cinchona in the cure of malarial disease, excels this in value to mankind.*

A few words now upon the literature of modern Hygiene.

* See West on Diseases of Children — p. 612, note.

Locke the philosopher, wrote on Physical Education; but it is to France, in our own century, that we must ascribe the credit of the establishment of a definite science of "Hygiène" — the word itself is French.

I shall not enumerate the many names, but those of Fourtelle, Hallé, Du Chatelet, Tardieu, Villermé, Rodéré, Calvaris, Boudin, Levy, Becquerel & Motard must not be passed by here.

Personal Hygiene was many years ago written upon in Great Britain, by Dr A. Combe and others; climatology, by Johnson, Martin, and Johnston; Public Hygiene has had its later lights there in Chadwick, Southwood Smith, Farr, Cameron, Mapother, Wilks, and Florence Nightingale; Simon, Letheby, Greenhow, &c

the continent of Europe, outside of France there have been, most noted as Hygeists, Quetelet, Friedlander, Mühry, Casper, Mulder & Muspeland.

Sanitary topics have now been, in Great Britain, favorite ones with all highly educated men. Their Social Science Association and Epidemiological Society have accomplished a great deal of good work.

Boerhaave and Cullen insistently taught Hygiene

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In our our country, this depart-
-ment of science has not been alto-gether
neglected. After Dr Rush, one of the earliest and
best writers upon it here was late our distin-
-guished fellow citizen, Dr John Bell.
Another was the able and learned Professor Dunglison.
of Philadelphia. An excellent treatise
especially upon Military Hygiene was
written during the late war by Surgeon-Gen-
-eral Hammond; and one of Mental Hygiene, by the eminent Dr Ray, not long after.
Besides, we have Drs
Jarvis and Curtis of Boston, Snow of Providence,
Rhode Island, D. Harris, Stephen Smith and Griscom of
New York, Barton of New Orleans, and,
far from the least, my friend late Dr Jewell
of Philadelphia; the founder of the first
American Sanitary Convention, and well
known for many valuable sanitary labors.

Our science is, now, the rising science
of the day. To it, in Europe, several well
conducted periodicals — the Annales de Hygiene
the oldest and best, are chiefly devoted. chiefly to it. At

Paris, public professorships of Hygiene have been in existence for many years. In Great Britain there are now two at least;— that of Prof Parkes in the Army Medical School at Netley, England,— and of Prof Mapother in the Irish Royal College of Surgeons, at Dublin. In the United States, while the subject has received some partial attention during courses upon other branches,— I am not aware of any definite public course of instruction expressly upon it, except a short course at Harvard College, and of any regular Collegiate Professorship of Hygiene, until it was made a part of the plan of enlargement of the curriculum of this University by the munificent endowment of Professor Wood; the advantages of which we are now proceeding to enter upon. I feel, then, gentlemen, that the responsibility I bear here is a somewhat heavy one.

Omit here

On this, other results of Hygiene — Diminished mortality — increased length of life &c.

But, the same reason, — that this course is the first of its kind here, — gives good ground for claim for indulgence, — asking for lenient allowance for any deficiencies, while, thus, there are no precedents to guide us, — no routine to follow, there is I must depend upon your kind consideration in this.

But, I have confidence in the interest of our subject; as well as in its importance. As to the latter, let me add a few words.

In France, in 1772, the annual proportion of deaths was 1 in 25; in 1845-6, 1 in 45. The mean duration of human life in the same country was in 1806, 28½ years: at present 33.6(3) years. In London, in 1685, not a sickly year, one in twenty of the inhabitants died; now it is but about one in forty. Macaulay estimated

in his History that the difference between London in the 17th and London in the 19th centuries is as great as between the same city in ordinary years and in those in which cholera prevails. Life has been prolonged twenty-five per cent in the course of the last fifty years. In the 16th century, at large, the mean probability of life was 8 or 9 years; in the 17th, 12 to 14; in the 18th, about 30; and in the 19th, 40 to 45. What is this great change owing? No doubt, advances in therapeutical, surgical and obstetrical science and art have done much; but I am bold to believe that increased knowledge and observance of the Laws of Health have done more.

Much, however, remains yet to be done in the same field. Millions of men's lives are wasted annually by neglect of error, or ignorance. Less than a score of years ago, the mean duration of life in New York and Philadelphia was but between 20 and 21 years. Plague has become almost extinct; but Yellow Fever is dreaded, year after year, almost in our own latitude; and, looking eastward across the sea, — we behold where, indeed, it has prevailed, not very long since; sometimes cholera, like a portentous cloud, looming in the distance,

full of death and terror. These, too, have to be met and averted. Will it not be a triumph of Hygiene, if it can be shown that all great pestilential epidemics are preventable? That no Yellow fever need ever visit our ports, no Cholera ever cause panic in our cities? I believe this to be the truth, — and a truth that while hardly any other, of private or public interest, can have more importance.

I know that some very eminent Sanitarians insist at present, especially in England, that too much has been made of filth (which Lord Palmerston called "only matter out of place") as a cause of disease. I know that contagion, positive, contingent & constructive, is dreaded by many still, almost as it was in the days of the first quarantine of the 14th century. Contagion is asserted of Cholera, by some, even, of

high medical authority. And so too of Yellow Fever.

It will be a part of my duty, during the progress of these lectures, briefly but carefully to examine these questions; as bearing upon prophylactic measures, for individuals and communities. I hope to be able to show you that most if not all of the facts can be explained in harmony with the best humanitarian interests; and, hopefully for the cause of progress, in commerce and social intercourse among mankind.

We shall never be able to drive disease from the earth. Not only the poor, but the sick, "will we have always with us." Man's life will never again be prolonged beyond the century. Enough, if he could be made to secure, as a mean, his three-score years and ten. Enough, if from

those years were taken, by right self-management, of the "ills that flesh is heir to", — all but those which a wise Providence would allot to us, without their being multiplied by our own ignorance or fault.

The plan of the Course of Lectures, of which this is the first, will be based upon what appears to me the most natural classification of the topics of Sanitary Science. It is divisible, first, into Personal, Domestic and Public Hygiene; although the second of these is hardly separable by distinct limitations from the others. Then, Personal Hygiene may be either Common, Female, or Infantile. Common personal Hygiene will be taken up in connection chiefly with the physiological functions;

as those of Digestion and Food, — Respiration and the Air, Circulation of the Blood, — the Muscular System, — and the rest; not forgetting or omitting Mental Hygiene. To these, would be added Etiology, or the study of the principal Causes of Disease, and the prominent facts of Vital Statistics: with remarks, finally, upon the hygiene of the Sick-room, & time permitting, it to us.

Public Hygiene must embrace the two Departments of Internal Preventive or Sanitary Police, — and External Exclusive Quarantine; besides the supposition, under exceptional circumstances, of Military and Naval, to Civil Hygiene. The principles which apply to all of these are essentially identical. It will be as much as I can hope to do, in our short course, to propound and explain these essential principles, with such illustrations as are most clear, practically available, and important.

I am, gentlemen, as you see,
strongly possessed of a conviction of the
great importance of our subject in this course
of lectures. One disadvantage, however, it
suffers — affecting the attractiveness of class
instruction upon it. That is, the difficulty, I may say
the impossibility, of finding means and material for
demonstrative illustrations for it. Botany,
Comparative Anatomy, Mineralogy, Geology,
& Toxicology, — all have advantages in these
respects which Medical Jurisprudence might, in a popular course
elsewhere, be brought to; for the domain of physics
chemistry, &c — have been already amply fore-
stalled in your former instructions here.
But, in truth, Physical illustrations are
unimportant [illegible]

In attempting to do this with you, Gentlemen, I go, as I have already said, as a Lecturer, upon almost untrodden ground; — or, at least, as a path-finder. Our speed cannot, therefore, be great; nor our ~~the~~ going a luxurious progress. Rather, with coats off, and hammer and pick in hand, we go together as explorers, like our ~~[illegible]~~ friend the Professor of Geology in one of his trips among the Rocky mountains; ~~[illegible]~~ and with the account of which he will hereafter interest you. If gold is not to be found in this tour, nor other ponderable treasure, I trust that we shall gain what is even more in worth, — some knowledge of the means of preserving the best earthly gift of Providence to man, — his bodily and mental health.

~~The subject to be entered upon in my second Lecture will be the Hygiene of Alimentation; of Food, Drink, and Digestion.~~

Before closing, — as I have made now a sufficiently bold assertion of the importance of my own branch of instruction, I may be pardoned for adding, as this is the last of our introductory lectures, of the Auxiliary Course of the University, — a few words in further advocacy of the general plan of that course.

My colleague, in the last hour, has paid a fitting tribute to the noble generosity of the founder of this enterprise; by which scientific teaching, outside of strictly medical subjects, is placed within the reach of every University Student. Are we not ready, all of us, to acknowledge also its wisdom?

There may be those who will suggest, that more immediate adaptation to the wants

of the medical student would have been found, in courses upon subjects connected directly with their practical studies; departments of special medicine, or surgery, minor or collateral.

But, reflection will show very strong reason to question such a preference. Because those minor and collateral or special subjects are nearly connected with practical medicine or surgery, & because they urge themselves upon the needs of the advanced student, graduate and practitioner, they are the more likely to take care of themselves. Scientific studies are not so, and thus, more require fostering.

They will be taught, and are taught, in various ways.

than the others,

I believe that I can add no weight to the strong and eloquent statements you heard yesterday, of the claims of Natural Science upon the attention of the Medical Scholar

and practitioner. I can only use other words to echo them. But, what does our title, "doctor," mean? Strictly, teacher, — or master; — or at least, doctus, learned. Not medicine-man merely, — not chirurgeon merely, — but learned, accomplished, scientifically trained and equipped man. And such the medical man ought to be. It must be confessed that in this we are behind most nations of the civilized world; I mean, in the extent of the requirements of our medical education. Our profession nevertheless compares favorably, in intelligence and skill, with that of other lands. It has contributed a very fair proportion of able labors to the fields of general Science. But, doing so, it ought to be consistent, in aiming to make such contributions more facile to coming generations. And, with such advantages, the scientific status and practical strength

of the typical American physician must be elevated greatly.

Is any knowledge useless to us? All truth being cosmic, the subtle affinities of facts, sometimes, on their discovery, astonish us. Who could have imagined, beforehand, that, as our Professor of Botany has told us, a certain kind of violet blooming on the soil of a place, is a sure sign that zinc is underneath? What two things might have been supposed to be farther apart, than the growth of a tender flower and the fixation of metallic ores in the earth? Or, what farther apart until the mystic link was caught, - than the chemical reactions of sulphuric acid and alcohol, and the anæsthetic conquest over human pain? Give good hospitality, then, not alone to all men, but to all truths; for thereby

The old story of the divining rod was hardly more wonderful.

some have entertained angels unawares.

The valuation, among men, of the truths of Natural Science grows greater every year. Classical studies are not any longer the humanities; they are losing almost too much in common estimation. I would not praise them less, though Science more. It is expected, now, that a fully educated man should know something of Science.

But, you may say again, this prospect is appalling. Seven branches already, each loaded with facts to be learned, as thickly as a Himalayan rhododendron is with flower-petals, or a Ceylon palm-tree with nuts, — & yet you would add more! Listen a moment, however. Gather from these other trees by the

to which we now invite your
way-side some of their stems, leaves,
and fruits, and see what they are
worth. If from them you can make
instruments of use in preparing what
you were collecting before; baskets to
keep and convey them in; cords to bind them,
or other implements to make them more a-
-vailable, - you will find therein, even, an
economy of labor.

It is true, we cannot learn
everything. Sometimes it is natural to be
overtaken by a despair of knowledge.
Aristotle did not know everything,
nor did Humboldt did not, Agassiz does not;
no one can. Enough to know a little well;
to know what we need, and to be always
learning more; and to know how to use what
we have acquired.

But, there are two kinds of
use for knowledge, as there are two great

uses of food. You know that the physiologists classify the objects of alimentation, as primary, 1st, food for tissue, 2nd, food for force. Some things which we consume are assimilated and converted into actual solid substance, bone, muscle, nerve, brain. Others are burned off in the blood. But are these wasted? No, indeed. They give much to the heat, the muscle power, the nerve-force, and vital energy. We could not do without them.

So, too, we gain much from those facts of knowledge whose details we suppose to be lost when we have forgotten them. But, some have been assimilated, their essence kept and formed into the substance and tissue of our mental nature, — and others, more rapidly passing

thought the vital chemistry of thought, produce yet a quantum of mind-force; — they are not lost.

Let us then take satisfaction in anticipating that, hereafter, especially, it will be known that a graduate of the Medical Department of the University is not only a licensed practitioner of medicine, but a medical scholar; worthy of the name of doctus or doctor. Let us hope that, with some, the yet higher aim will be reached, of being not only scholars but philosophers; ~~[illegible]~~ complying with and illustrating the maxim of the father of medicine, — " ὁ ἰατρὸς φιλόσοφος ἰσόθεος. "
The philosophic physician is god-like.

End with (Stille's suggestion) allusion to the American Aloe.

Ranke found increase of lactic acid in muscle during tetanization.

Ranke ascribes lactic acid and kreatin to the muscular stimulants & exhaustion — & innate nervous susceptibility. Kreatinin is almost without action on muscles & nerves — but is strongly basic.

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child at birth?" Thus the right of a child to life was questioned at its very threshold, and hardly won it after examination. Stowe Children were dipped, like Achilles, into cold water to harden, or to kill them, as the case might be. Through Christianity chiefly, we have been led to look upon children in another light, and, whether weak or strong, their lives are sacred in the eyes of the law. Experience has justified this as the best policy. Great qualities of soul are often hidden in the frailest child. — One Christmas day a premature posthumous Son was born in England of such an extremely diminutive size, and apparently so perishable a frame, that two women who were sent to Lady Packenham to bring some medicine to strengthen him did not expect to find him alive on their return.

only in 1869 was the later Prussian law abolished, which required every new-born infant to be carried with a mule to the "mairie"

Sir James McGrigor relates that in the celebrated campaign in the Peninsula in which the Duke of Wellington was so successful, the decisive battle of Vittoria owed its result in good part to the skill and devotion of the Medical officers of the army; by which 4 or 5000 effective men were added to it, instead of being useless; without which troops, Sir Jas. says, even the unrivalled talents of the Duke could hardly have won the day.

from Dr William Farr (On the Mortality of Children).

The Spartans did not allow fathers to dispose of their children at will. Each was taken to the "tryers", who, if they found it puny & ill-shaped, ordered it to be carried to a sort of chasm under Taygetus; which course Socrates, according to Plato, approved. At Athens & Rome, the infant at birth was laid upon the ground, and was abandoned to its fate if the father did not lift his child from mother Earth, who was assumed to have claims upon its fragile body. The Romans were reproached by the Christian fathers for their inhumanity. "Which of you", says Tertullian, upbraiding the Gentiles in rude eloquence, "has not slain a child at birth?" Thus the right of a child to life was questioned at its very threshold, and he only won it after examination. Children were dipped, like Achilles, into cold water (to harden, or to kill them) as the case might be. Through Christianity chiefly, we have been led to look upon children in another light, and, whether weak or strong, their lives are sacred in the eyes of the law. Only in 1869 was the late French law abolished, which required every new-born infant to be carried with a mob to the "mairie"; Experience has justified this as the best policy. Great qualities of soul are often hidden in the frailest child. — One Christmas day a premature posthumous Son was born in England of such an extremely diminutive size and apparently so perishable a frame, that two women who were sent to Lady Pakenham to bring some medicine to strengthen him did not expect to find him alive on their return.

He would have certainly been consigned to the caverns of Taygetus if the two women had carried him to Spartan tryers. As it was, the frail boy grew up into Newton, lived more than fourscore years, and revealed to mankind the laws of the Universe. If he had perished, England would not have been what it is in the world. — In Paris, one evening, a puny child in a neat basket was picked up; he had been left at the church door. The commissary of police was about to carry him to the foundling Hospital, when a glazier's wife exclaimed, "You will kill the child in your Hospital; give him to me, I have no children, I will take care of him." She cherished her boy, until he grew to become D'Alembert, who invented a new calculus, made many discoveries in physics, and wrote the grand introduction to the Cyclopædia.

Let, then, all the little strangers have their chance. Be, in their respect, "given to hospitality; you may thus entertain angels unawares."

Foundations of Hygiene

1, Physiol. Science — 2. Sanitary Experience.

Divisions of Hygiene

Personal — Domestic — Public

Common
Female
Infantile.

Civic
Military
Maritime.

Rights of Children

Obliged to do without attractive illustrations or demonstrations —
Their foundation in Physiol. or Chem. Comm.
But, whenever men, com & children, conditions of health & causes of disease
Then the demonstrations of practical Hygiene
Hygiene is most practical: the physician's patients, — the physician's family, & him self.

Want one great drinker are [illegible] by intellect. Judgment
to more to arrest intemperance & drunk-
ness than all the laws & penalties of
former rulers from late address before a Sanitary body
in England, I quote a few words.

* "The ancient Greeks worshipped
Bacchus, the god of wine; & in Silenus
we see the image of drunkenness;
& in many of their statues" (See
also old Egyptian painting) & we
observe representations of most beastly in-
toxication so great, for a while were
the evils from intemperance, in Greece
that some rulers condemned to death
those found intoxicated. Lycurgus
destroyed all the vines of the country,
& made slaves drunk, & exhibited them
in this state, in order to deter youth
from intemperance. The Romans had more
than 200 diff. kinds of intox. liquors
& drank them to excess. The ancient
Germans, & the former inhabitants of all
the northern countries were greatly addicted

to drunkenness. For centuries, no one thought of the impropriety of drinking to excess; the only concern respecting intoxicating liquors, was, how to procure them; & for this purpose they roamed about like beasts of the forests, & even invaded Italy to procure them by force. On the revival of literature, after the Dark ages, intemperance in drinking was exceedingly prevalent; but as men became more enlightened, they had recourse to measures calculated to prevent its ruin. It is a curious fact that in the 15th & 16th centuries Temperance Societies were formed by the most intelligent & influential men. 100 years ago there was much more intemp, in England than now." The first Temperance Society in this country dated, I think about 1826 — (18 years ago)

The first Temperance Society established in England was named Peace, 1832.